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| Cycle A Choice Menu 1 <u>Salisbury Steakw/Gravy</u> (1CS)+ <u>Mashed Potatoes</u> (1 CS)+ <u>Parslied Carrots</u> Or Turkey Pot Pie (2CS) Seasonal Fruit (1-2 CS) (17 grapes 1CS) 2 Whole Grain Bread (2CS) | Chicken Parmesan 2 ½ c <u>Scalloped Potatoes</u> (2CS) ½ c <u>Corn O'Brian</u> (1 CS) OR <u>Taco Salad w/Meat-Bean Mixture</u> (1 1/2 CS) ½ c Tropical Fruit (1 CS) 2 Whole Grain Bread (2CS) (1 whole grain bread w/Taco Salad) 1 CS | BBQ Rst Beef (1 CS) 3 OR ¾ c Creamed Turkey (1CS) ½ c Baked Potato (1CS) 2 T light sour cream ½ c Broccoli or optional cook's choice 2 nd LS vegetable ½ c Pears (1CS) 2 Whole Grain Bread (2CS) (Roast additional beef for Day 11 & freeze) | 3 oz Pork Roast 4 OR Baked Chicken (1/2 CS) ½ c <u>Mashed Potatoes</u> (1CS) 3 oz <u>Gravy</u> ½ c <u>Harvard Beets</u> (1CS) ½ c <u>Cooked Apples</u> (11/2CS) 2 Whole Grain Bread (2CS) (Make SF Jello w/Peaches Recipe) | Meatloaf (1/2 CS) 5 Or Lemon Baked Fish ½ c <u>Oven Brown Potato</u> (1CS) ½ c Peas (1 CS) ½ c Carrots w/1 tsp marg/serv ¾ c <u>Red SFJellow/Peaches</u> (1CS) (1/4 c SF Jello & ½ c Peaches) 2 Whole Grain Bread (2CS)) (Defrost meat for Monday) (Make SF Jello Salad for Monday) |
| 1 1/8 c Beef Stew (1 CS) 6 Or Tuna Stuffed Tomato ¾ cSF <u>CrunchyCranberrySalad</u> (1CS) madew/OrangeSFJello Seasonal Fresh Frt (med orange (1CS) 6 Whole Wheat Crackers, low sodium (1CS) 1 whole grain bread (1CS) | 1 c. Lasagna Rotini (3 CS) 7 OR Hot Turkey Sandwichw/Gravy <u>Tossed Romaine Salad</u> w/2T <u>French Dressing, Reduc Fat & Sodium</u> (0CS) or 2 T HomemdeBalsamicVinDressing 0CS or optional cook's choice 2 nd LSveg ½ c Mixed Fruit (1 CS) 1 French Bread (1 CS) | 1 Pork Chopw/Celery Sauce 8 OR <u>Citrus Chicken</u> ½ c <u>Sweet Potatoes</u> (1½ CS) ½ c Ckd Frozen Green Beans ½ c Plums (1 CS) or Fresh Fruit 2 Whole Grain Bread (2CS) | BBQ Chicken Legs (1CS) + 9 ½ c Baked Potato (1CS) OR 1½ c <u>Hungarian Goulash</u> (3CS) 2 T light sour cream ½ c Mixed Vegetables (1/2 CS if with peas/corn) ½ c Pears (1 CS) 2 Whole Grain Bread (2CS) w/Chicken 1 Whole Grain Bread w/Goulash (Make Apricots in SF Pudding for tomorrow) | "Breaded" Bk Fish (1/2 CS) 10 Or <u>Chicken Parmesan</u> ½ c <u>Parsley Potatoes</u> (1 CS) ½ c <u>Glazed Carrots</u> (1/2 CS) ¾ c <u>Fruit(Apricots) inSF Pudding</u> (1CS)(1/4 c SF Pudd & ½ c. Apricots) 2 Whole Grain Bread (2 CS) (Defrost meat for Monday) (Make BalsamicVinegarDressing for Mon) |
| Chef Salad w/Beef,Cheese 11 <u>Egg. & Tomato</u> (1 CS) 2TFrenchDrReducFat&Na(0CS) Or Porcupine MeatballsWith 2TBrown Gravy (1 ½ CS) + 1/2 c <u>Mashed Potatoes</u> (1 CS)+ <u>CkdFrozen Greeen Beans</u> ½ c Peaches (1 CS) 1 <u>Oatmeal Blueberry Muffin</u> (2 CS) 1 Whole grain bread (1CS)(Serve w/ salad, Optional w/mealtballs) | HAPPY BIRTHDAY 12 2 oz Roast Pork or <u>Baked Chicken (1/2 CS)</u> ½ c <u>Cooked Apples</u> (1½ CS) ½ c <u>Scalloped Potatoes</u> (2 CS) ½ c California Vegetables or Optional cook's choice 2 nd LS vegetable B'Day (Can be different day) Unfrosted Cake sprinkled lightly w/powered sugar & ½ c Ice Cream (4 ½ CS) 2 Whole Grain Bread (2 CS) (Make Slaw for tomorrow) | Swedish Meatballs (1 CS) 13 OR <u>Ginger Pork Chops</u> ½ c Noodles (1 CS) (may combine meatballs/noodles for ease in serv) ½ c Peas (1 CS) ½ c <u>Fruity Slaw with all Mandarin Oranges-noP/A</u> 1CS) 1 Whole Grain Bread (1CS) (Make Jello Salad for tomorrow) Seasonal Fresh Frt (1-2 CS) (17 Grapes 1 CS) | Hot Beef Sand open faced (1 CS) 14 OR 1 c <u>Chicken & Noodles</u> (2 CS) ½ c <u>Mashed Potatoes</u> (1 CS) w/ 3 oz <u>Gravy</u> ½ c Corn (1CS) ¾ c <u>SF Sunshine Salad</u> (1CS) Addit Whole grain bread (1 CS) | 1 c Turkey Tetrzzini (2 CS) 15 Or <u>Salmon Patty</u> (1/2 CS) + ½ c baked potato (1 CS) 1 c <u>Tossed Romaine Salad w/</u> 2 T. FF Ranch Dressing (1CS) (or 2T French Dr Reduc Fat & Sodium 0CS) Or optional cook's choice 2 nd LS veg ½ c. Fresh Tomato diced on salad ½ c <u>Mandarin Oranges (1 CS) or Fresh Orange</u> 2 Whole Grain Bread (2CS) |
| Cacciatore Chicken (1/2C) 16 OR <u>Swiss Steak</u> ½ c Bk Potato(1 CS) With Sauce from Chicken ½ c <u>Green Bean Amandine</u> ½ c AppleSauce (1 CS) 2 Whole Grain Bread (2 CS) | Hot Pork & Cheese Sauce 17 <u>Sandwich</u> (2 Carb Serv) OR Oven Frd Chicken(1/2 CS) & 1-2 WholeGr Bread(1-2CS) ½ c Potato Rounds (1 CS) ½ c Beets ½ c Peaches (1 CS) (0Additional bread) Make Spoon Salad for tomorrow | 3 oz Roast Beef 18 OR <u>Lemon Baked Fish</u> ½ c <u>Mashed Potatoes</u> (1 CS) 3 oz <u>Gravy</u> ½ c <u>TomatoSpoonSalad</u> (1/2CS) Or ½ c Plain Tomatoes Fruit Cocktail (1 CS) 1 <u>Cranberry Orange Bar</u> (1CS) 2 Whole Grain Bread (2 CS) (Make SF Jello w/Pears for tomorrow) | 1 c. Chili (1½ CS) + 19 OR <u>LS Ham Omelet</u> (1-1½ CS) ¼ c Green peppers ¾ c <u>SF Jello with pears</u> (1 CS) Seasonal Fruit (apple) (1-2 CS) 1 ½ oz unsalted Rye Crisp (2 CS) OR 2 Whole Grain Bread (2 CS) OR 12 Whole Wheat, low sodium Crackers (2 CS) 2 tsp margarine | "Brded" Bk Fish (1/2 CS) 20 ½ c <u>Oven Br Potatoes</u> (1CS) OR 1 c <u>Sweet&Sour Pork</u> (1CS) on ½ c Rice (1 ½ CS) ½ c <u>Parslied Carrots</u> ½ c <u>Plums</u> (1CS)or Fresh Fruit 1 <u>Oatmeal Fruit Muffin</u> (2CS) 1 Whole Grain Bread (1CS) (Defrost meat for Monday) (Make gelatin salad for Monday) |

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| <u>¾ c Turkey Ala King (1CS) 21</u> <u>Over ½ c Mashed Potato(1CS)</u> <u>OR Ginger Pork Chop & ½c Ms. Potato(1CS)</u> ½ c Calif Blend Vegetables Or Cook's choice 2 nd LS Veg ½ c Peaches (1 CS) <u>¾ c SF Lime Perfection Salad (1 CS)</u> 1 Whole Grain Brd (2CS) (Make Mand Oranges in SF Pudding for tomorrow) | <u>1-1 ¼ c Spaghetti&Meat Sc 22 (2CS)</u> <u>Or Stroganoff Casserole (CS)</u> 1 c Tossed Romaine Salad with 2TFrenchDrReducFat&Na(0CS) or optional cook's choice 2 nd LS vegetable <u>¾ c Fruit in SF Pudding (1CS)</u> (1/4 c SF Pudd& ½ c rmandarin orange) 1 Whole Grain Bread (1CS) | <u>1 c Sweet & Sour Pork (1CS)25</u> <u>½ c Rice (11/2 CS)</u> <u>Or Hamburger on Bun (2CS)</u> ½ c Oriental Vegetables or optional cook's choice 2 nd LS veg ½ c Grape Juice (1 ½ CS) ½ c Cn Apricots (1 CS) 1 Whole Grain Bread (1CS) | <u>Swiss Steak w/ OnionsTomatoes24</u> <u>Or ChickenCBRev</u> ½ c Mashed Potatoes (1 CS) 1 tsp margarine ½ c peas (1 CS) Fruit Cocktail (1 CS) 2 Whole Grain Bread (2 CS) (Make Brd Pudding for tomorrow & Cool, Cover, Label & Refrigerate) | <u>1 c Tuna& Noodles(1½CS) 25</u> <u>Or Roast Beef w/2 T Brown Gravy+ ½ cBoiled Potato(1CS)</u> <u>½ c Seasoned Spinach</u> Or cook's choice 2 nd LS vegetable 1 med Banana (2 CS) (=double fruit serv) <u>½ c Bread Pudding (1½ CS)</u> 1 Whole grain bread (1CS) (Defrost meat for Monday) |
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Each Day includes: 1 cup 1% Milk, 1 cup Water, 1 cup Coffee, 1 teaspoon margarine for each slice bread on menu in menu analysis. Clients do not need to take # slices bread listed.
 Do not serve more than listed.

SD Meals Program Menus Cycle A 2008

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| Recipe and menu abbreviations: AP As Purchased EP Edible Portion ~ Approximately CHO Carbohydrate CS Carb Servings | CS = Carb Serving Each CS = ~15 grams CHO for diabetics who are controlling CHO intake LS Low Salt/Low Sodium SF Sugar Free | SF gelatin (Jello) measure: .1 oz = ~7/8 t. .5 oz or ½ oz = 4 2/3 t or ~1 ½ T .6 oz = 5 ½ t Each oz = ~ 3 T 1/8 oz = ~ 1 1/8 t. | Sites that bake bread/rolls: Where 2 slices of whole grain bread are listed a 2 oz whole grain roll may be substituted/ if 1 slice of whole grain bread is listed a small (1 oz) whole grain roll may be served. | SF instant pudding (Jello brand) measure: 1 oz = 5 T or ¼ c + 1T |
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RECIPES are included for underlined items on this cycle.

All meals include: 2 serving bread/grain products, 1 tsp. soft margarine per slice bread, 1 c 1% milk, 1 c water & 1 c coffee in menu analysis.

Where less than 2 slices bread listed other grain products were run in the nutritional analysis. Each 1 oz slice bread = approx 1 carb serving

Record any menu substitutions necessary on the menu substitution form. Occasional *permanent menu changes are allowed but must be RD approved and signed off with analysis sent to Pierre upon request.*

ANY ITEM WITHOUT A RECIPE is to be cooked/prepared without added salt.

Canned Fruits: Purchase in *extra light syrup* (preferred), light syrup or in water or juice (each 15 grams CHO = 1 CS and ½ c required to = 1 fruit serv)

High Vitamin K vegetables: cooks may offer choice of vegetable when there are high Vit K vegetables on the menu for those who avoid Vit K

Gelatins (Jellos) are all **Sugar Free (SF)** on menu; **Pudding mixes** are **Sugar Free** Instant Pudding mixes.

FF Salad Dressings are still high in sodium, this is why homemade dressing is used for Chef Salad where there is a larger salad dressing portion size.

VEGETABLES are to be frozen or salt free canned. Vegetable Blends on Cycle A (using mixtures in Nifda brand):

California Blend = Broccoli, Cauliflower, Carrots; Oriental Blend = Broccoli, Onions, Mushrooms, Green Beans

Fish: When fish is on the menu offer a cook's choice LS meat for nonfish eaters; **DURING LENT ONLY** offer a choice of fish Ash Wed & each Fri

MEASURES:

1 Tablespoon = 1T. = 3 teaspoons = 3 t.

1 cup = 16 Tablespoons

1 pint = 2 cups

1 quart = 4 cups

1 gallon = 4 quarts = 16 cups

A PINT is a POUND (of liquid) the WORLD AROUND

Many other solid, heavy measures of 1 pint also = 1 pound

Light things like lettuce salad, etc will not weigh 1 pound for 1 pint

¼ cup = 4 Tablespoons; 1/3 cup = 5 1/3 Tablespoons; ½ cup = 8 Tablespoons;

2/3 cup = 10 2/3 Tablespoons; ¾ cup = 12 Tablespoons

SCOOPS:

#6 = $\frac{2}{3}$ cup = 10 $\frac{2}{3}$ T. #30 = 2 T.
#8 = $\frac{1}{2}$ cup = 8 T. #40 = 1 $\frac{2}{3}$ T.
#10 = $\frac{3}{8}$ cup = 6 T. #50 = 3 $\frac{3}{4}$ t.
#12 = $\frac{1}{3}$ cup = 5 $\frac{1}{3}$ T. #60 = 3 $\frac{1}{4}$ t.
#16 = $\frac{1}{4}$ cup = 4 T. #70 = 2 $\frac{3}{4}$ t.
#20 = 3 $\frac{1}{3}$ T. #100 = 2 t.
#24 = 2 $\frac{2}{3}$ T.

The number on the scoop indicates how many level scoopfuls make 1 quart.

For example: eight #8 scoops = 1 quart. 1 quart = 4 cups so four cups divided by 8 = $\frac{1}{2}$ cup;
 $\frac{1}{2}$ c is the measure of a #8 scoop when level.

LADLES AND PORTION SERVERS: Spoodles (available solid or perforated):

| Fluid Ounces | Approximate Measure | Fl. Oz. | Approx. Meas. | Fl. Oz. | Approx. Meas. |
|--------------|-------------------------|---------|---------------------------|---------|-----------------------------|
| 1 oz | $\frac{1}{8}$ cup = 2 T | 4 oz | $\frac{1}{2}$ cup = 8 T. | 12 oz | 1 $\frac{1}{2}$ cups |
| 2 oz | $\frac{1}{4}$ cup = 4 T | 6 oz | $\frac{3}{4}$ cup = 12 T. | 16 oz | 2 cups or |
| 3 oz | $\frac{3}{8}$ cup = 6 T | 8 oz | 1 cup = 16 T | | 1 pint or 1 pound of liquid |